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PAGE 16

OTTAWA

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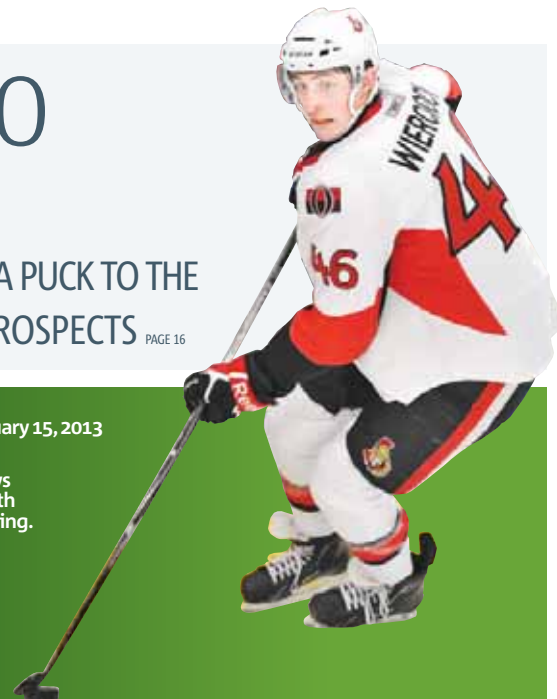
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Tragedy in Stittsville

Mother, two kids dead.

Community reacts with shock to news of alleged double murder-suicide

SEAN MCKIBBON
and JOE LOFARO
ottawa@metronews.ca

Only a week after a Stittsville family held a birthday party for their little girl, neighbours are reeling with news she is dead along with her older brother, allegedly at the hands of her own mother.

A police car sat outside 25 Granite Ridge Dr., where media reports indicate Jon Corchis returned home to discover a horrifying scene in his basement — his children Alex, 10, and Katie, 6, dead and his wife Alison Easton dying.

Police would later issue a press release Monday evening saying they were investigating three suspicious deaths, while reports emerged the incident was a double murder-suicide.

Neighbour Tonya Marczak said she was cooking dinner for her kids Monday night when she heard sirens coming down her street. She said she went outside and walked toward the mailbox and saw a bunch of police cars outside.

She said she overheard officers outside the home talking, one saying: "It's not good, it doesn't look good in there."

"And then I was like, 'Oh my God, tell me they're OK tell me that Katie is OK because that's my daughter's best friend,'" said Tonya.

She said her daughter and Katie spent a lot of time together, including at the birthday party last weekend. She said she never would have guessed anything of this sort would happen.

"They were very nice, social people," she said. "Saturday I looked over and the kids were playing on the snow."

She said she doesn't know how she is going to explain to her daughter that her best friend is dead.



A police cruiser sits outside 25 Granite Ridge Dr. in Stittsville on Monday where police are investigating three suspicious deaths. JOE LOFARO/METRO

Atleo takes medical leave

First Nations national chief ordered to take a break in the midst of leadership crisis

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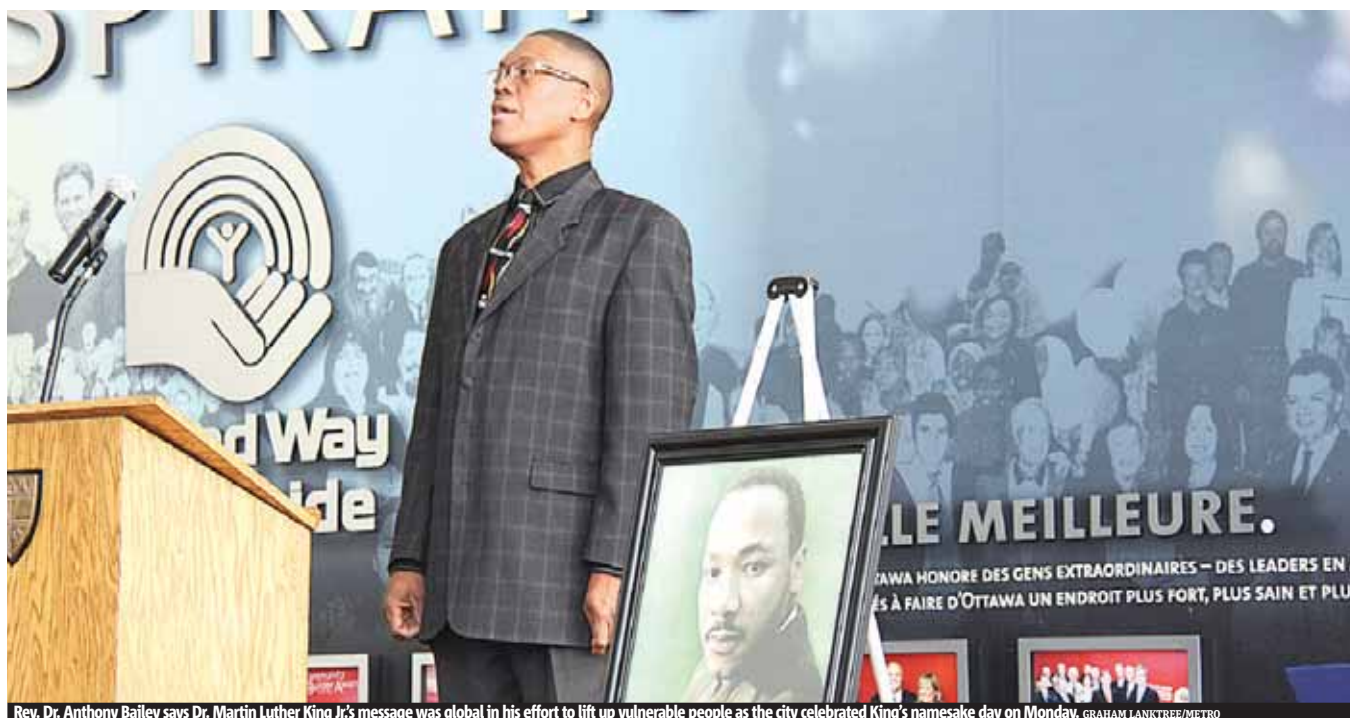
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Rev. Dr. Anthony Bailey says Dr. Martin Luther King Jr.'s message was global in his effort to lift up vulnerable people as the city celebrated King's namesake day on Monday. GRAHAM LANKTREE/METRO

Dr. King would support #IdleNoMore, prof says

Issues of inequality. Protests equated to civil rights movement as Ottawans celebrate human rights leader



GRAHAM LANKTREE
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Civil Rights icon Dr. Martin Luther King would have marched on Parliament Hill with Idle No More protesters last Friday, said a University of Ottawa law professor as the city celebrated his name-

sake day Monday.

"I think that everything they are doing is completely in the spirit of what he did," said Joanne St. Lewis, a law professor at the University of Ottawa, and former Special Assistant Government Affairs to the Grand Chief of the Crees of Quebec, of Canadian First Nations.

"I would equate what is happening in Idle No More with the civil rights movement in the sense that in addressing the range of issues of inequality, it's pulling people together and creating a public conversation that I think is the most intense that it's been," she

Quoted

"I really, desperately hope that this is not a one off, that this becomes a starting point. People forget that the civil rights movement was not an activity on a single day, not a response to one incident, but a sustained effort."

University of Ottawa law professor Joanne St. Lewis

said. St. Lewis added that the movement is also similar in how aboriginal groups have occupied public space and are using social media to bring more people into the conversation.

Martin Luther King Jr. Day is usually celebrated on

the third Monday of January, but some of Ottawa's African American community celebrated early so that community members can travel to Washington D.C. for Barack Obama's inauguration Jan. 20, said Rev. Dr. Anthony Bailey.

"Wherever he went, there was a similar message of trying to lift up the most vulnerable people," said Rev. Bailey of Dr. King's message. "So it's very, very important that we celebrate that here in Ottawa."

Idle No More protests have closed roads and rail lines across Canada in the past month as First Nations groups demanded a meeting with Prime Minister Stephen Harper, which took place last Friday to address desperate living conditions on many reserves, resource revenue sharing and what they see as a failing Indian Act.



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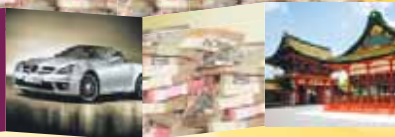
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Ottawa Swordplay's Craig Shackleton, an amateur historian, will start teaching 14th-century sword-fighting techniques to young and old alike this Sunday. **GRAHAM LANKTREE/METRO**

Sword-fighting school a cut above the rest

Ottawa Swordplay. European history inspires medieval take on martial arts

Secret sword-fighting techniques passed down for 200 years in a poem by students of a German master will make getting medieval on your foes a whole lot easier when you learn them from Craig Shackleton.

"I like nothing better than when my students can hit me with a technique that I have taught them," said Shackleton, an amateur historian, who this Sunday will open Ottawa Swordplay, the city's first historical European martial-arts school. "I really want

to open this up to everybody — kids and adults alike, anyone who has an interest in swordplay."

From 2 to 5 p.m., the curious can drop by to try on reproduction armour, watch demonstrations of armoured combat and handle training swords to get a sense of what it was like to be a medieval warrior.

Based on the teachings of 14th century German fencing master Johannes Liechtenauer, whose students compiled his teachings into a poem they would memorize, Shackleton's lessons pair the historical context of the techniques with the moves themselves.

Shackleton runs three classes on evenings through the week and one on Saturday

afternoons, offering lessons for adults and children six and up in his Young Knights and Warrior Princesses classes.

Students are taught how to wield the long sword popular from 1350 to 1550 and the basic principles of fighting, and after four or five lessons they are ready to start sparring with a blunt-edged steel replica. Children, of course, are given weighted foam replicas that feel like the real thing.

"It's interesting to teach people about a time when a legal dispute could lead to an armoured duel," Shackleton said.

Classes run from \$30 for a two-hour intro to \$250 for a 20-class punch card trainees can cash in at anytime.

GRAHAM LANKTREE/METRO

City hall. Proposed Bayview plan paves way for 'renaissance': Councillor

A high-tech business "incubator" and a multi-use film studio could be in the offing for the Bayview Yards land between Lebreton Flats and Mechanicsville.

Ottawa councillors are being asked to support an "innovation complex" as part of the Bayview Yards redevelopment, as well as to direct staff to explore the possibility of a multi-use film studio in the historic Bayview Garage.

The complex would house a new location for Invest Ottawa, which, according to

staff, has outgrown its 80 Aberdeen St. location in just two years. The city is looking for a \$15-million contribution from the provincial government to support the "business acceleration" aspect of the redevelopment.

Kitchissippi Coun. Katherine Hobbs called the vision for Bayview a "renaissance."

"It sort of sets the stage for a vision. Once you start talking about an innovative, high-tech incubator and Invest Ottawa being there, it sort of sets the tone for this place,"

Hobbs said Monday evening.

Hobbs noted that much of the Bayview lands will be used as a staging ground for the construction of the LRT, expected to wrap up in 2018. Until that time, not much can be done with the land, Hobbs said. But that also gives the city time to hear what the community wants on the land.

The city's finance and economic development committee will consider the report next Monday.

ALEX BOULTIER/METRO

Committee OK's condo despite criticism

7-storey development approved. Proponent pledges to drop OMB appeal, while opponent considers launching one



ALEX BOUTILIER
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A Kanata community association is contemplating

ing an Ontario Municipal Board appeal after the city's planning committee OK'd a seven-storey residential development in Beaverbrook.

Gary Sealey of the Kanata Beaverbrook Community Association said his organization will be reviewing the decision and will consider launching a legal appeal.

"We'll study it over the next short while and we'll

make a decision," said Sealey after a meeting of the municipality's planning committee Monday.

"We need to discuss this as a community and we will."

Sealey was one of around 10 community members who came out to oppose the proposed development — a seven-storey, 95-unit residential building, dubbed "2 The Parkway."

Those residents argued

that the development does not fit with the low-rise character of Beaverbrook. Despite their appeals, as well as opposition from area Coun. Marianne Wilkinson, the planning committee unanimously approved the requested bylaw amendment.

According to representation for the developer, the committee's approval means they'll drop their own appeal to the OMB.



Councillors approved bylaw amendments, Monday, for the "2 The Parkway" development, shown here in this artist's rendering. CONTRIBUTED

Goodbye portables

District school board gets \$47.9M from province

Four Ottawa schools will undergo major renovations and a new one will be built in Kanata North as early as this summer, said Ottawa-Centre Liberal MPP Yasir Naqvi, Monday, as he announced \$47.9 million for the Ottawa-Carleton District School Board.

Permanent additions to Mutchmor and South March elementary schools as well as Earl of March and Longfields-Davidson Heights high schools will help cut down on the number of portables classes are held in, Naqvi said. **GRAHAM LANKTREE/METRO**

Swastika graffiti

Charges laid in war museum vandalism case

After months of investigating, police have charged two men with vandalism for spray painting a swastika on a plane at the Canadian War Museum in August. Ottawa's Joel Lendore, 22, and Simon Los, 22, have been charged with mischief under \$5,000.

In the early morning of Aug. 27, 2012, video cameras at the museum caught two men arriving in separate cars. They proceeded to spray paint a swastika and an "offensive message" on a Royal Canadian Air Force plane outside the museum. **GRAHAM LANKTREE/METRO**

Sex abuse. Former Sunday school teacher pleads guilty

A 73-year-old former Sunday school teacher who has sponsored children from all over the world through World Vision pleaded guilty Monday in an Ottawa courtroom to various sex abuse charges.

Paul LaFramboise pleaded guilty to two counts of sexual interference, one count of a careless storage of firearms and three counts of sexual assault, according to his lawyer Joseph Addelman.

LaFramboise served the communities of Fitzroy Harbour, West Carleton and Kanata in his role as a Sunday school teacher.

Police arrested him Oct. 19 and later charged him with offences including sexual assault, invitation to sexual touching, sexual interference, sexual exploitation, uttering threats and a variety of weapons offences.

Addelman said none of the sex abuse took place in relation to his teaching role.

"My client is very remorseful. Extraordinarily remorseful," Addelman told Metro. "And this plea of guilt is a public demonstration of that remorse and an acceptance of guilt on his part."

Four teenaged victims are involved in the case.

Addelman said some of



Paul LaFramboise, an avid bowmaker, is pictured here in this EMC file photo. **TORSTAR NEWS SERVICE**

LaFramboise's family and friends were present in court to support him.

The court will order a psychiatric sexual behaviour report from The Royal Ottawa Hospital and a pre-sentence report. The case has been adjourned to March 4 to set a sentencing date.

Police launched a sexual assault investigation after a victim alleged past sexual abuse.

In a September issue of the West Carleton Review EMC LaFramboise said he and his wife adored children and have sponsored them for more than 30 years. **JOE LOFARO/METRO, WITH FILES FROM TORSTAR NEWS SERVICE**

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Atleo. First Nations head taking sick leave amid leadership concerns

A sudden medical leave announced Monday by the head of Canada's largest aboriginal organization will delay — but not derail — pivotal talks between First Nations and Stephen Harper, says Aboriginal Affairs Minister John Duncan.

In an interview with The Canadian Press, Duncan said there's little hope a one-on-one meeting between Harper and National Chief Shawn Atleo can still take place by Jan. 24 — a date that was floated during their contentious meetings last week.

The two leaders had agreed to talk to their respective teams and regroup soon in order to set out a concrete plan to implement the agreements reached last week on re-examining ancient treaties and aboriginal rights.

Duncan said he does not expect Atleo to return to work for at least another two weeks. Still, he said backroom work on the agreements reached last Friday will continue as planned, involving top officials from the government and the Assembly of First Nations.

"No one has got certainty for when the national chief



Assembly of First Nations National Chief Shawn Atleo THE CANADIAN PRESS

will return, but I took it that it would be at least two weeks away," Duncan said. "But we were thinking ... it would be at least that long before any further meeting got underway."

Atleo announced Monday that his doctor has ordered him to take a "brief" sick leave despite the AFN being in the midst of a political crisis, with some chiefs and First Nations citizens questioning the group's authority.

Atleo came down with the flu before Christmas and never had a chance to beat it, said Jody Wilson-Raybould, the regional chief for British Columbia THE CANADIAN PRESS



Gone, but not forgotten

Jimmy Greene kisses his wife Nelba Marquez-Greene as he holds a portrait of their daughter, Sandy Hook school shooting victim Ana Marquez-Greene, formerly of Winnipeg, at a news conference at Edmond Town Hall in Newtown, Conn., Monday. One month after the mass school shooting at Sandy Hook Elementary School, the parents joined a grassroots initiative unveiled Monday called Sandy Hook Promise, which supports solutions for a safer community. JESSICA HILL/THE ASSOCIATED PRESS

B.C. Supreme Court

Human smuggling law struck down

Canada's human smuggling law has been struck down by the British Columbia Supreme Court, leaving two high-profile prosecutions in limbo with a judge's advice that the federal government go back to the drawing board. He said the result could lead to the prosecution of people like humanitarian workers.

THE CANADIAN PRESS

Facebook fling

Kelly files for divorce from Kelly

It took a simple Facebook message from one Kelly Hildebrandt to another Kelly Hildebrandt to get the wheels of love turning.

When the virtual relationship blossomed despite geographical differences — she was from Florida, he from Texas — they became instant celebrities.

But it seems the two are no longer Facebook friends. The young couple filed for divorce in July, according to Broward County, Fla., court records. The case is still pending. TORSTAR NEWS SERVICE

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Canada sends C-17 to Mali to support France

Group with al-Qaida links has seized part of African nation.

Canada has sent one military cargo plane, but Harper says no combat for Canadians

Canada is contributing one of its large C-17 military cargo planes to deliver supplies to the

capital of Mali after a request from France.

But Prime Minister Stephen Harper insists no Canadian Forces personnel will be involved in any combat action in the landlocked West African country. And he says the transport plane commitment will be short.

An al-Qaida-linked group has seized the northern part of Mali and is advancing south.

The Canadian plane will be used to transport equipment

Canadian involvement

"At no time will Canadian Armed Forces members be participating in direct action against insurgent forces in Mali."

Prime Minister Stephen Harper

and supplies into the Malian capital of Bamako, which is not in the combat zone.

France, which began air strikes last week against insurgents in the north, has ordered the immediate evacuation of all French nationals living in the Malian town of Segou.

"There is a serious situation in northern Mali, where there is a large territory now occupied by essentially terrorist entities, who are looking at expanding their influence throughout Africa," Harper said at a Montreal news conference.

THE CANADIAN PRESS



Canada is contributing one of its large C-17 military cargo planes, pictured here, to deliver supplies to Mali after a request from France. RICHARD LAM/THE CANADIAN PRESS

'Not a deadbeat nation.' Obama says Congress must act quickly to raise the U.S. debt ceiling

U.S. President Barack Obama demanded on Monday that lawmakers raise the nation's \$16.4 trillion federal debt limit quickly, warning that "Social Security benefits and veterans' checks will be delayed" if they don't and cautioning Republicans not to insist on cuts to government spending in exchange.

"They will not collect a ransom in exchange for not crashing the economy," he said at the 21st and final news conference of his first term. "The full faith and credit of the United States of America is not a bargaining chip. And they better decide quickly because time is running short."

Answering questions for about an hour, Obama also said he will soon ask Congress to enact new gun control legislation in the wake of the shootings that left 20 elementary students dead at a Newtown, Conn., school a little more than a month ago.

Among the proposals under consideration are a ban on assault-style weapons and high



Barack Obama THE ASSOCIATED PRESS

capacity ammunition magazines. Obama said he would unveil his proposals next week. Facing stiff opposition from the National Rifle Association, he conceded lawmakers may not approve everything he asks for.

But the risk of a default once the debt ceiling is reached dominated the news conference.

"We are not a deadbeat nation," Obama declared, less than a week away from taking the oath of office for a second term. THE ASSOCIATED PRESS

India

Gang-rape suspect claims he's a minor

One of the five men charged with gang-raping and killing a 23-year-old student on a bus in India's capital is a minor, his lawyer said Monday as he demanded an age-determination test in what could be a tactic to delay the case from being tried in a fast-track court.

Manohar Lal Sharma, the lawyer for Mukesh Singh, said at a court hearing that his client is under 18, and that police documents indicating Singh is 26 had been "manipulated."

"If you could just see his face, he is only a child," Sharma told The Associated Press. THE ASSOCIATED PRESS

Berlin

Banks robbers a bunch of pros

German police say robbers dug a 30-metre tunnel into the safe-deposit room of a Berlin bank and escaped with their haul, setting a fire as they left to cover their tracks.

Berlin police spokesman Thomas Neuendorf says the tunnel led from an underground garage into the bank's safe-deposit room.

Neuendorf said Monday that the tunnel was "very professional" and must have taken weeks or even months to complete.

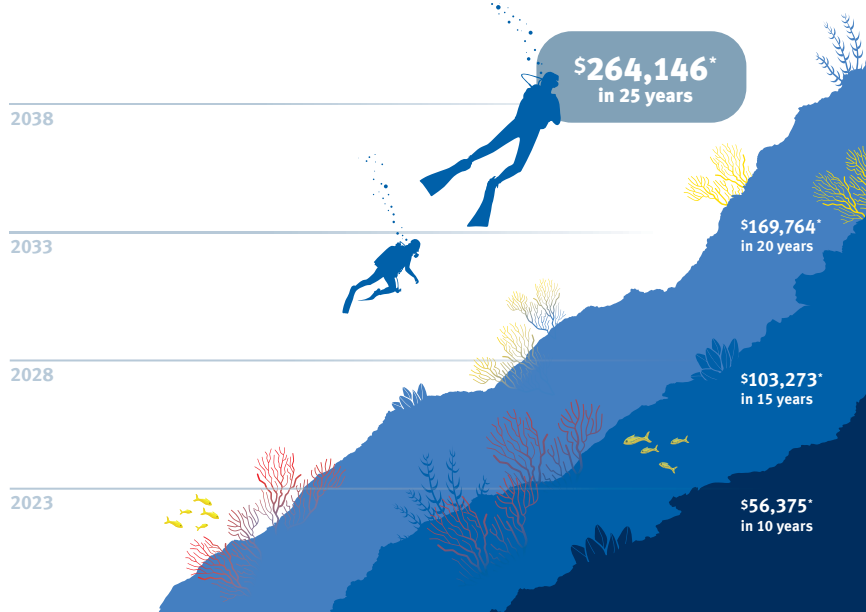
Police are still trying to determine what valuables were stolen from the deposit boxes.

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Not guilty ruling 'vindication' for ex-Nortel brass

Fraud trial. Judge says he's not convinced that executives 'deliberately misrepresented' finances at telecom company

The former top executives at Nortel Networks said they finally got "vindication" Monday after being found not guilty of fraud, nearly a decade after being accused of manipulating financial records at the fallen Canadian technology giant.

Ontario Superior Court Justice Frank Marrocco acquitted ex-CEO Frank Dunn, ex-CFO Douglas Beatty and ex-controller Michael Gollogly because he was "not satisfied" the evidence showed the men had "deliberately misrepresented" the finances at the now-defunct telecom company in 2002 and 2003. "The criminal

trial is based on evidence," he told a Toronto courtroom. "The decision I make is based on that evidence and nothing else."

Following the not guilty verdicts, the former executives jumped to their feet to hug family members and their lawyers.

Marrocco's 145-page ruling concludes one of the largest and most complex trials in Canadian corporate history.

Dunn, Beatty and Gollogly each had faced two counts of fraud — one count of defrauding the public and one count of defrauding Nortel Networks Corp.

The Crown had alleged that the men participated in a book-cooking scheme designed to trigger \$12.8 million in bonuses and stocks for themselves while they were at the helm of Nortel. They were fired from the beleaguered firm in 2004.

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All three had pleaded not guilty to the charges.

In a statement, Dunn, the former head of Nortel, said he was "grateful to have received vindication."

THE CANADIAN PRESS



A skyscraper, a cauldron and a ketchup bottle: London museum unveils design prize finalists

Newly built tower The Shard, right, looms over central London in this July photo. The tower, which at 310 metres high is Britain's tallest building, has been nominated for a major design award along with the 2012 Olympic cauldron and a non-stick ketchup bottle. On Monday, London's Design Museum announced contenders for its Designs of the Year prizes in seven categories including architecture, fashion, transport and digital media. THE ASSOCIATED PRESS FILE

Public health

Coca-Cola tackles obesity debate in U.S. ad campaign

Coca-Cola became one of the world's most power-

ful brands by equating its soft drinks with happiness. Now, for the first time, it's addressing a growing cloud over the industry: obesity.

The U.S.-based company on Monday will begin airing a two-minute ad during the highest-rated shows on

CNN, Fox News and MSNBC in hopes of becoming a stronger voice in the debate over sodas and their impact on public health. The ad lays out Coca-Cola's record of providing drinks with fewer calories over the years. THE ASSOCIATED PRESS

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WHAT WORKOUT IS RIGHT FOR YOU?



SHE SAYS...
Jessica Napier
metronews.ca

We're two weeks into the new year and I'm sure many of you have resolved that 2013 is the year you're going to get fit. And hey, if you've actually managed to stick with it so far, then good for you!

But with so many exercise-themed daily deals showing up in your email inbox every morning, it can be hard to know where to begin. Consider this a Coles Notes guide to some of the different workout options available to all those determined resolution-makers out there.

1. Spinning. There's nothing quite like cycling away your sins for 45 minutes on a stationary bike in a dark room surrounded by sweaty bodies and loud music thumping in your ears. It's kind of like burning calories in a nightclub except you're pedalling instead of grinding and that water you're chugging doesn't have any vodka in it.

New year, new workout

While there are many different varieties of yoga, they all involve contorting and holding your body in a sequence of postures that will test your endurance and flexibility. Before you hit the mat, recognize that you'll have to be able to take yourself seriously while posing like a tree.

2. CrossFit. Once the preferred exercise regime of military personnel and Olympic athletes, CrossFit is now developing a cult-like following among the civilian masses. The high-intensity fitness program emphasizes heavy weightlifting, gruelling cardio and a secret language designed to confuse outsiders. But if you can wrap your head around WODs and AMRAPs, then join a Box and start working on your Fran time.

3. Yoga. There's nothing new about this ancient practice that combines strength- and stamina-building poses with meditative breathing exercises.

While there are many different varieties of yoga, they all involve contorting and holding your body in a sequence of postures that will test your endurance and flexibility. Before you hit the mat, recognize that you'll have to be able to take yourself seriously while posing like a tree.

4. Ballet Barre Workout. If you've ever dreamed about a long, lean dancer's physique, then a ballet-inspired fitness class is a good place to start. You might feel a little more Ugly Duckling than Black Swan as you attempt to plié while performing bicep curls with a weighted ball, but stick with it long enough and you'll end up toned and sculpted and maybe even a little more graceful.

5. Running. What's not to love about running? It helps to improve both physical and mental health, it's cheap (once you've invested in a decent pair of shoes), and since it's a solo endeavour you can avoid all of those annoying January Joiners that tend to crowd up other workout classes at this time of year. Pounding the pavement is best experienced when there is actual pavement involved, so forget treadmills that do half the work for you and head outside.

Follow Jessica Napier on
Twitter @MetroSheSays



LPGA player In-Kyung Kim, right, poses in a yoga position in San Diego. Before you ditch your new year's resolutions, consider your options.
EVORK DJANSEZIAN/GETTY IMAGES

This will ruffle some feathers



TIM FLACH

Cock-a-doodle-doo

Animals' human side laid bare

You may think this rooster has just been plucked but for considerable economic, and potentially environmental, benefits, it has been specially bred by humans to be featherless. In his new book, *More Than Human*, British photographer Tim Flach explores the striking relationships and similarities between humans and animals. **METRO**

Q and A

The skin-ny on this yardbird



TIM FLACH
Photographer

Your book *More Than Human* looks at intimate portraits of animals. What is the main idea behind it?
Through my photos, I

want to spark a debate and raise questions on how we, human beings, shape nature, and conversely how it shapes us. In this regard, I want my photos to go beyond being pretty.

So you invite us to think about how we perceive animals?

Yes, precisely. Let's take the featherless chicken, one of my favourite im-

ages from the book. It's bred by Prof. Avigdor Cahaner of Hebrew University of Jerusalem, drawing on a naturally occurring recessive mutation that eliminates feathers. The bird doesn't need to be plucked, which saves money in processing. It provokes a discussion on how we know the animal: In supermarkets, we see them dead, wrapped in cling film. **METRO**



Twitter

@j_love4: Getting used to working from home #baconNeggs #lunchtime

@zachandladders: That moment when zzzzz

@cassidyfreil: #15DAYS till #BelieveAcoustic!! OMB it's gonna be amazing just like @justinbieber!!!:D<3<3<3

@ataher33: @beckamartino why would I lie?

lol That's my only account, i just like being myself'

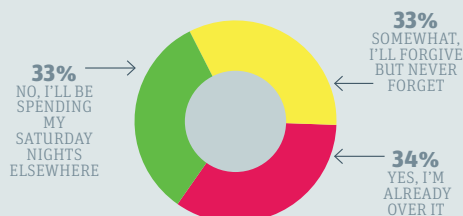
@GregSpero1: @OTTRoughRiders @OttRedRaiders love RedRaiders i submitted that name!

@DerekStrelloff: I would definitely take VIA on a potential trip to Boston later this year...if only trains were somehow able to magically travel to the US.



Register at metropolitanpanel.ca and take the quick poll

Are you willing to forgive the NHL for the lockout?



DVD review

Taken 2

Director. Olivier Megaton

Stars. Liam Neeson, Famke Janssen, Maggie Grace

People will call this a quick-buck sequel to Taken, the surprise hit of 2009, and these people are absolutely correct. Directed by Pierre Morel, Taken took in \$225 million in worldwide box office on an investment of \$25 million. No surprise then that unsubtle producer/writer Luc Besson decided to hit up the cash register a second time, hiring director Olivier Megaton for the outing. And the first thing to be kidnapped in Taken 2 is logic. Despite a ludicrous script by Besson and co-writer Robert Mark Kamen, Liam Neeson manages to keep a straight face while reprising his role of avenging ex-CIA dad Bryan Mills. In the first Taken, Mills had to rescue his teenage daughter from Albanian sex traffickers. In Taken 2, it is Mills and his lovely ex-wife, Lenore (Famke Janssen), who are kidnapped. At age 60, Neeson still has formidable action chops and heroic form, and manages to propel the film through a sequel so silly that it seems like a Mad magazine parody of the original.

PETER HOWELL



American Idol judges Mariah Carey and Nicki Minaj both claim they are now getting along. THE ASSOCIATED PRESS

Idol judges won't sing about feud rumours

Putting it in the past. Judges Mariah Carey and Nicki Minaj are vague on differences, but agree they wouldn't aim to be Idols

NED EHRBAR
Metro World News in Hollywood

You might have heard that new American Idol judges Mariah Carey and Nicki Minaj haven't exactly been getting along. That they've been "feuding," even. Well, Carey and Minaj have heard it, too, and they're bored by the reports. "This is a very passionate panel. I think

there are a lot of strong personalities," Carey says. "Starting this process, I felt like it was a possibility that there could be differences of opinions. The fighting is what it is. This is American Idol. It's bigger than all that. It's bigger than some stupid, trumped-up thing."

While talk of discord might make for good gossip reporting, it's not good for the show itself, Carey explains. "The whole thing is convoluted," she says. "It's a distraction from the show. It's a distraction to the contestants, and I think it's unfair to them. It should be about the contestants."

But how are the two getting along now? Carey insists that "time heals all wounds" and that the whole disagreement "was sort of one-sided," a con-

tention with which Minaj begs to differ. When asked what they did to put an end to any feuding, Minaj goes for a joking response, saying, "I put out a sex tape." But Carey is much more blunt: "I did nothing, and here we are."

Feud or no feud, the new judges can at least agree on one thing: Neither of them would've tried out for Idol themselves had it been an option. "I personally would never have wanted to do this type of show — no offence to the show at all, but I've said that since I first heard about the show," Carey says.

"I had to learn in front of the world how to just be and be on TV and sing. It's sort of like what these kids do, only at that time it was like the Arsenio Hall

Show, and that would be like, 'Here I am!' It was very tough."

For Minaj, her reticence to be a contestant goes beyond just herself. "I definitely don't think a rapper should be in this competition. Rap and hip-hop are completely different from American Idol," she explains.

"With singing, people do not care what you've necessarily gone through. If it's a great song, they're going to love it. I would never go on a show like this as a rapper, and I wouldn't encourage anyone else to come on as a rapper. I don't think it's authentic and I think if you really look for people to believe you and see you as an authentic rapper, you wouldn't do it. It's definitely not a rap competition."

CBS boss struts the network's stuff

CBS Entertainment President Nina Tassler came out swinging with big numbers to bolster her claim that it is "once again America's most-watched network" at the Winter Television Critics Association Tour. At the same time, though, Tassler stressed a need to rejig how viewership is measured given the increase in viewers tuning in online, on mobile devices or on DVRs. "It has been a tipping point this season with viewers watching on other platforms," said Tassler. "Audience measurement hasn't quite caught up with the speed of change in viewer behaviour."

"We have four of the top five comedies, the top seven

dramas, 17 of the top 30 shows overall," Tassler touted. As for those non-traditional viewers, freshman series Elementary is particularly instructive, Tassler explained. "It is the most-watched new show of the season, but only 59 per cent of its viewing is live," she said. "Across all platforms, the total audience of Elementary is more than the comparable freshman-year ratings for such hits as NCIS and CSI."

Tassler also addressed the future of two of CBS's biggest comedies, Two and a Half Men and How I Met Your Mother, the latter of which seems to be on the verge of renewal for a ninth season. "I will be happy

to report in a very few days, I believe, that things will be resolved," Tassler said. "We are very confident and excited that things will all work out. Almost everything is completed." And another season of Two and a Half Men would surprise no one, though Tassler admitted Ashton Kutcher's contract has not yet been renewed. "We've told Warner Bros. we would like to have an 11th season, and they're equally interested, so stay tuned," she said. As for Angus T. Jones, who infamously urged fans to not watch the show during a video interview late last year, Tassler says a reconciliation with the show and the network is well under

way.

Looking ahead, Tassler touted the summer debut of Under the Dome, based on Stephen King's novel and produced by Steven Spielberg's Amblin Entertainment. The series begins filming next month and premieres June 24.

There were some topics Tassler clearly didn't want to discuss, though, offering terse answers to questions about the network's response to the Aurora, Colo., and Newtown, Conn., shootings as well as Jennifer Esposito's acrimonious exit from Blue Bloods, ending several remarks with a terse, "Next question." **NED EHRBAR, MWN**



Angus T. Jones is making peace with CBS. GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jodie Foster's Golden Globes speech decoded



NED EHRBAR
Metro World News in Hollywood

Jodie Foster, who received the Cecil B. DeMille Award for her 47-year-long career in Hollywood, offered an acceptance speech that has left audiences and critics baffled, outraged and inspired in equal measure. The overall message was unclear: Was she officially coming out? Did she announce her retirement

from acting and directing? What does she have against Honey Boo Boo? It didn't help matters that the audio cut out at a crucial moment as she discussed "a big coming out speech." So what did the ramble actually mean? We set out to decode it:

"I guess I have a sudden urge to say something that I've never really been able to air in public. So, a declaration that I'm a little nervous about but maybe not quite as nervous as my publicist right now, huh Jennifer? But I'm just going to put it out there, right? Loud and proud, right? So I'm going to need your support on this. I am single. Yes I am, I am single. No, I'm kidding, but I'm not really kidding."

TRANSLATION: I recognize your hunger for a big confessional moment from me, and for that I am going to mess with you.

"Now I'm told, apparently, that every celebrity is expected to honour the details of their private life with a press conference, a fragrance and a prime-time reality show. You know, you guys might be surprised, but I am not Honey Boo Boo Child. No, I'm sorry, that's just not me. It never was and it never will be."

TRANSLATION: I am going to equate being upfront about your sexuality with the more tasteless and tacky aspects of our reality TV culture, no matter how damaging it may be for young gays and lesbians to see a successful public figure refuse to say the word "lesbian."

"There is no way I could ever stand here without acknowledging one of the deepest loves of my life, my heroic co-parent, my ex-partner in love but righteous soul sis-

ter in life, my confessor, ski buddy, consigliere, most beloved BFF of 20 years, Cydney Bernard. Thank you, Cyd. I am so proud of our modern family."

TRANSLATION: I was in a long-term relationship with a woman, and we have two children together.

This is not necessarily news, but it's the first time I've acknowledged her in front of television cameras.

"This feels like the end of one era and the beginning of something else. Scary and exciting and now what? Well, I may never be up on this stage again, on any stage for that matter."

TRANSLATION: It's difficult not to feel you're in some moment of transition when an organization gives you a lifetime achievement award, even if you're only 50 years old.

Brace yourself for another breakup tune

Consider this fair warning, Harry Styles. In the wake of her split from the One Direction member, Taylor Swift posted this ominous message to her Twitter account: "Back in the studio. Uh oh..." Swift has made a career of penning autobiographical tunes of heartbreak, often embarrassing ex-boyfriends like John Mayer and Jake Gyllenhaal. And a Styles number may be a doozy, as Swift was reportedly left heartbroken by the Brit, who dumped



Taylor Swift

her during a Caribbean vacation because he said she's "asexual and wouldn't put out," a source tells Radar Online.

Twitter



@TheRealRoseanne

Ben Affleck is a moronic large sweaty headed blowhard.



@EmmaBunton

Wow its snowing where I am, coming down thick and fast!!



@MatthewPerry

This turning down the role of Lincoln is just going to keep kicking my ass isn't it?!



@OfficialAdele

I just met Daniel f—ing Day Lewis!!!

Gimme, gimme Moore: Demi diving into another high-profile relationship

Demi Moore's fledgling romance with 31-year-old restaurateur Harry Morton is reportedly heating up, according to E! News. "They have been trying to keep it a secret," a source says. "It's not a serious thing, but it may develop into some-

thing. They have a lot of fun together and have been meeting in secret places in New York and Los Angeles." The pair was recently spotted dining out in Beverly Hills and have reportedly spent several nights together at Moore's home.



Demi Moore ALL PHOTOS GETTY IMAGES

Brolin's boyhood was far from boring

Josh Brolin doesn't pull any punches when discussing his rough-and-tumble youth as the son of actor James Brolin, telling Men's Journal that he lost his virginity at 11, joined a surf gang called the Cito Rats and even got involved with heroin. "I was the last (gang mem-

ber) to get into heroin — I smoked it — and the first to get out. I was around 16 or 17, so it was around the time of the Goonies," Josh tells the magazine. "But I liked working and learning, so it was very difficult for me to lend myself to that drug completely."



Josh Brolin

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3
LIFE

Kelly Osbourne on losing weight, gaining confidence

Interview. The young starlet speaks to Metro about how she got motivated and transformed her life

ROMINA
MCGUINNESS
life@metronews.ca

After appearing on Dancing with the Stars in 2009, you lost 70 pounds, going from a size 14 to a size 2. Which body part were you most excited to rediscover?

For me, because of my family's history with cancer, my mum is always like, have you checked your boobs? One day, I was doing a breast self-examination and found this lump. So I went to the doctor and he said, "Kelly, that's your rib!" I was like, "Oh my God, I have a rib!"

Which part did you go from hating to loving?

My legs. I didn't realize how much muscle I had underneath the fat, and (I have) some pretty toned legs. Now, athletes always come up to me and say, "You've got great legs." Men like big calf muscles on themselves, so when they see it on a girl they like it.

All girls have fat days. How do you cope with yours?

Growthspurt

"I got taught proper posture through dancing, yoga and Pilates and I actually grew an inch. I'm now five foot two."

Kelly Osbourne



Kelly Osbourne lost 70 pounds and transformed her life. HANDOUT

I look at old pictures of myself. I know this sounds really narcissistic, but I don't mean it that way — it helps me see how far I've come and where I don't want to go again. It gives me that kick in the butt to get in the gym or call up a friend and say, "I'm having a fat day."

How do you feel when you see old photos of yourself?

It's a mixture of a million emotions. It makes me feel

really sad that I let myself get like that. It was my own doing.

I made myself that way because I was scared.

Scared of what?

Of myself and what I was capable of. Being famous for really not doing anything and having the entire world judging you.

But now I'm 28 years old and I see it as a learning curve.

Can you imagine some people saying: The new Kelly is boring. There's a lot of stylish, good-looking women out there, so why do we need one more without edge?

I say, "f— you" because if you want to watch a train wreck, there are other Hollywood starlets doing that for you. I want to be a dignified grown-up. I'll always be me. I'm just not an asshole anymore.

Bonus round

On her brother Jack

How did you react when you found out your 26-year-old brother, Jack, had multiple sclerosis?

Are you crazy? He's my baby brother, how do you think I reacted? It's like it's not there. He doesn't want to be treated like a sick person, because he's not sick. It's not a death sentence. He's got a very military state of mind so he looks after himself, eats very healthy and works out every day.

Did it affect the way you value life?

I've dealt with my mom almost dying of cancer, my dad almost dying in a bike accident and now my brother has MS. There's nothing they can tell me I can't deal with. It's not like you have a choice, it's life.



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What to do when counting sheep at night is no longer working

Insomnia. Sink into Sleep author talks about how to stay asleep and improve your sleep hygiene education

CELIA MILNE
life@metronews.ca

Will you sleep well tonight? If you answered "probably not," you aren't alone. Research tells us that three out of every four Canadian adults have sleep problems at some point in their lives.

While most of us reach for sleeping pills, few of us know how to solve sleep problems in the long term. A new Canadian book guides readers in a different way of thinking and acting, called cognitive behavioural therapy for insomnia (CBT-I).

"Decades of research have shown that CBT-I works very well for insomnia," says author Dr. Judith Davidson, a psychologist and scientist-clinician in the area of sleep and an assistant professor at Queen's University in Kingston, Ont. "But access to CBT-I is extremely limited, almost

Quote

"Access to CBT-I is extremely limited, almost non-existent, in Canada at this time. That is why I wrote 'Sink into Sleep'. It is the same program that we use in the insomnia clinic"

Dr. Judith Davidson
Assistant professor at Queen's University



Having trouble staying asleep? You're not alone. ISTOCK PHOTOS

CBT-I

Get to know the main principles of CBT-I. And things you can do to stabilize your sleep rhythm.

- **Stay up late.** Put some pressure on your biological sleep drive by postpon-

ing bedtime

- **Get up at the same time.** Do it each morning – seven days a week! This helps stabilize your circadian (24-hour) sleep-wake rhythm.

non-existent, in Canada at this time. That is why I wrote Sink into Sleep. It is the same program that we use in the insomnia clinic."

CBT-I goes much further than most "sleep hygiene" tips.

"The person with insomnia knows all (about) avoid-

ing caffeine, making the bed comfortable, keeping the bedroom dark, having the bedroom the right temperature, getting exercise and doing relaxation," says Davidson.

"It is the CBT-I techniques that they need, not more sleep hygiene education."

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This week:
Maintaining Your Periodontal Health – A Crucial First Step



Fingerling potatoes with salmon raise profile of apps



ROSE REISMAN
for more, visit
rosereisman.com

Fingerling potatoes are the newest trend for appetizers and side dishes at parties and restaurants.

They're a great twist on the standard potato. Most large supermarkets and fruit and vegetable shops carry fingerlings.

If you can't find them, use small white potatoes for these Fingerling Potatoes with Herbed Cheese and Smoked Salmon.

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

2. Slice the fingerling potatoes in half lengthwise and place skin side down on the baking sheet. Spray them with cooking oil. Bake the potatoes approximately 30 minutes or just until they are tender. Place on a serving dish.

3. Using a small food processor or a whisk, mix both the cheeses with the garlic and pepper until smooth. Stir in the dill.

4. Place a dollop of the mixture on top of each potato and sprinkle with the diced salmon. Serve while still hot.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN.



This recipe serves eight. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

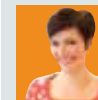
Prep time: 10 minutes
Cook time: 30 minutes

- 8 fingerling potatoes
- 2 tbsp light cream cheese
- 3 tbsp goat cheese

- 1/2 tsp crushed garlic
- pinch freshly ground black pepper
- 1 tbsp chopped fresh dill
- 2 oz smoked salmon, diced

Health Solutions

Casserole reprise



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Call it a casserole and it's relegated to the '50s, but call it a "strata" or a "bake" or a "pie" and suddenly it's new again.

The traditional formula is simple: ingredients in a glass dish heated in the oven. The outcome is especially good for sharing at parties or for making on the weekend and enjoying all week.

What could use a little healthy push is the choice of items that go into the dish. Your mom used cans of soup, high carb pasta and maybe some Corn Flakes on top, but we can do better. Here are some substitutions to any casserole recipe.

- Canned lentils or cooked chicken instead of ground beef

- Cook and rinse all meat before adding instead of using ground lamb with fat

- Low fat evaporated milk instead of heavy cream sauce

- Spaghetti squash/quinoa/brown rice instead of pasta

- White sauce made with milk instead of grated cheese

- Baby food pureed vegetables instead of canned soup

- Whole wheat bread crumbs instead of Corn Flake topping

- Crushed whole wheat crackers instead of crispy onions

- Phyllo layers instead of pastry or puff pastry

Every casserole has the same formula: Body of protein, heart of creamy and moist and topping of crisp. Mix and match as you please

and serve with a great big salad.
THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.



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Online dating site Match.com conducts survey to reveal what 2013 may hold for you depending on your astrological identity

Online dating website Match.com recently conducted a survey to see what 2013 may hold for your love life based on your astrological sign.

It estimates more than one third (36 per cent) of single Canadians will make a New Year's Resolution to go on more dates this year.

So what does your sign reveal about the year ahead? Here is the site's findings.

Capricorn: The office romantic

Capricorns are most likely to date someone from their workplace. Sixteen per cent of Capricorn singles have

dated someone from the office in the last five years, the highest of any sign.

Aquarius: The sugar baby

Age is just a number for Aquarius, who are the most likely to date someone more than 10 years their senior. A whopping 56 per cent would date someone who is more than a decade older than them.

Pisces: The romantic

Pisces are the most romantic of all signs. An outstanding 66 per cent of Pisces believe in love at first sight.

Aries: The initiator

When it comes to who should pay for a first date, Aries singles are in agreement. Fifty-three per cent believe the person who initiated the date should pay, more than any other sign.

Taurus: The shy type

Taurus singles are the shiest of the signs, with only eight per cent having asked someone out on a date in the last year.

Gemini: The long distance lover

When it comes to romance, Gemini singles are prepared to go the distance. An overwhelming 54 per cent have had a long distance relationship, more than any other sign.

Cancer: The multitasker

If you're dating a Cancer, be prepared to have "the talk" sooner rather than later. While not necessarily ones to cheat, at least one in 10 Cancer singles (11 per cent) date two to three people at the same time. Talk about a scheduling challenge!

Leo: The Facebook updater

It's not official until it's on Facebook! At least according to Leo singles, who are most likely to update their relationship status on the social networking site. Nearly one quarter (21 per cent) report or update their relationship status regularly.

Virgo: The online dater

When it comes to embracing technologies to im-

prove their love life, Virgo singles are most likely to bite the bullet. Nearly half (47 per cent) have used an online dating site.

Libra: The good time

If you're dating a Libra, prepare to imbibe. Libra singles are most likely to drink alcohol on a first date – 74 per cent will have a boozy beverage on a first night out.

Scorpio: The canine cuddler

Are you a dog lover? Then date a Scorpio! Singles with this sign are most likely to be friends to canines. Sixty-three per cent are fans of these furry fellows.

Sagittarius: The sharer

If you're dating a Sagittarius, the odds are your ears should be burning about now. More than a third (36 per cent) of Sagittarians will discuss their dating life with friends and family, bring others out as wingmen or discuss their dating life goals with a group. **METRO/MATCH.COM**

12 money vows for 2013

Alison on Money.

Having trouble keeping financial resolutions? Join the club



YOUR MONEY
Alison Griffiths
money@metronews.ca

It's all about the psychology. Twelve months is a long time to keep a money vow. However, if you're only aiming for a month, chances of success are higher, which increases the likelihood that you'll turn some of your mini-resolutions into habits.

Try these on for size in 2013.

January: Find 30 minutes

Devote half an hour a week to your financial affairs. Eliminate distractions and focus.

February: Read a statement

Spend this month getting familiar with your RRSP. Ask questions of your advisor if you don't understand the financial products you hold.

March: Keep a log

Trust me, you have no idea what you really spend. List every last penny in a journal.

April: Set aside

When your tax refund arrives, save some of it in a six-month GIC for the holiday season.

May: Cut it out

Pick a spending habit and toss it for 30 days. If it is food related, say a daily double donut, you'll drop a bit of weight too in time for beach weather.

June: Cut it down

With the better weather arriving, consider reducing your cable package.

July: Try shank's mare

Walk everywhere you can. This is harder in the burbs, but rethink your driving habits to save gas and whittle the waist.

August: Donate

During the dog days of summer, pick a charity and set up a monthly donation, much easier than a last minute lump sum.

September: Get educated

Go to Investor Education Fund, (getsmarteraboutmoney.ca), Credit Canada (creditcanada.com) or Financial Consumer Agency of Canada, (fcac-acfc.gc.ca) for great tools and unbiased information.



Stick to your financial resolutions this year With manageable goals. ISTOCK IMAGES

tion.

October: Check it out

Get your credit report and score from equifax.ca or transunion.ca.

November: Stay home

Axe the restaurant, prepared foods and take out habit.

December: You're almost there

Make a list of all you've accomplished financially this year and feel good about yourself.

Customize your own 2013 resolution list and you're sure to stay financially engaged all year round. Happy New Year's to all my readers!

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

To consolidate debt or grin and bear it?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Besides goals of better eating and weight loss, debt is top of mind for most North Americans this January. Make debt repayment a 2013 goal!

How much do you owe? To whom? What interest rate? Can you afford the payments?

The choice is yours — should you tough debt repayment out the old-fashioned way (regular payments to multiple lenders) or apply for a consolidation loan (one consolidated payment to one lender).

The benefits of a consolidation loan are that the interest rates are typically lower than the combined interest rates of multiple debts, which often consist of high interest credit cards. As such, the monthly payments can be lower.

However, many experts rail against consolidation loans because they don't teach a valuable lesson: Taking full responsibility for debt accumulation.

The act of having to pay off expensive debts the old-fashioned way often imposes enough financial hardship on a person that they change

their spending habits.

Canadian statistics show that the majority of individuals with consolidation loans never learn their lesson and are first in line for another one when the previous is finished.

You're a good candidate for a consolidation loan if you are paying too much in interest or if you can't keep up with regular payments.

The first caveat however, is that you must be financially disciplined and commit to making payments on time, in full and not accumulating additional debts. The second is that these loans are difficult to qualify for as most people that are "maxed out" are considered high risk.

Many Canadians turn to lines of credit as pseudo-consolidation loans. Scary!

Though interest rates are attractive, lines of credit are revolving, thus the available borrowing room never decreases. Rarely do Canadians pay off their lines of credit. Rather, they continue to overspend using their line of credit, often decreasing home equity. If you use a line of credit to consolidate, reduce the borrowing limit as you pay it down.

If the temptation to spend is too great or you can't qualify for a lower interest loan, repay your debt the old-fashioned way.

Follow Lesley on Twitter
@LesleyScorgie





Ottawa Senators defencemen Mark Borowiecki, left, Andre Benoit and Patrick Wiercioch take part in training camp at the Scotiabank Place in Ottawa on Monday. Wiercioch is one of the Senators' most intriguing young players in camp. SEAN KILPATRICK/THE CANADIAN PRESS

Wiercioch makes most of 2nd chance

NHL. Badly injured prospect back looking to crack Senators lineup

Ottawa Senators prospect Patrick Wiercioch is making the most of his opportunities because he's well aware of how quickly they can slip away.

Wiercioch's career nearly came to an end before it even started when he took a puck to the throat during an American Hockey League game in December 2011.

Just over a year later, he is fully recovered and looking to crack the Senators' blue-line corps.

Wiercioch was hit in the throat by a clearing attempt

Quoted

"I think he's ready to play and he's a guy that we really need to play, but he should be a good asset for this hockey club."

Senators general manager Bryan Murray has identified prospect Patrick Wiercioch as one of the Senators' most intriguing young players in camp.

while playing for the AHL's Binghamton Senators last season. He broke a bone in the back of his neck and doctors were unsure if he would ever fully recover, but seven weeks later he was back on the ice with his teammates.

It's a defining moment in the young player's career, but he prefers not to dwell on the incident.

"I became appreciative of a lot of things," Wiercioch said. "It was probably a lot

more difficult for my friends and family than it was on me until I was able to take some time away from it and really look at what could have happened that day. I had a lot of people looking out for me.

"I take every day as a blessing and thinking about it less makes it easier."

Wiercioch, 22, drafted 42nd overall in 2008 by the Senators, is expected to be a part of the team's future,

but this could be the time to prove he belongs. With injuries to defencemen Jared Cowen and Mike Lundin the Senators are looking to see if one of its young prospects can fill the void.

In an effort to improve his game, he worked hard all summer and took on a training regimen based in Ottawa to help add weight and muscle to his six-foot-five frame. Wiercioch is now weighing in at 205 pounds and feeling good about his game. He was paired with veteran Sergei Gonchar for the second straight practice.

"Playing 20-25 minutes a night in Binghamton this year and playing in all situations has really helped my confidence," Wiercioch said.

THE CANADIAN PRESS

NFL

Chiefs' Belcher legally drunk at time of murder-suicide: Report

Kansas City Chiefs linebacker Jovan Belcher had a blood-alcohol level more than twice the legal limit when he shot his girlfriend nine times and then killed himself, an autopsy released Monday showed.

The Jackson County Medical Examiner report on Belcher, 25, raised new questions about whether police should have done more before the Dec. 1 murder-suicide. Officers found Belcher sleeping in his car about five hours earlier, but let him go.

At the time of the autopsy, Belcher's BAC was 0.17, more than twice the limit of 0.08 per cent for Missouri drivers, and it was likely higher when he shot girlfriend Kasandra Perkins, 22, at the couple's Kansas City home.

THE ASSOCIATED PRESS

MLB

Centre-fielder Rasmus signs 1-year deal with Blue Jays

The Toronto Blue Jays have avoided salary arbitration

with centre-fielder Colby Rasmus, signing the 26-year-old to a one-year contract worth \$4.675 million.

Rasmus hit 23 home runs in 2012 — tying his career high — but also posted a career-worst .223 batting average and .289 on-base percentage.

TORSTAR NEWS SERVICE



Colby Rasmus
GETTY IMAGES FILE

Armstrong opens up to Oprah on PEDs: Source



A person familiar with the situation said Lance Armstrong admitted to using performance-enhancing drugs during his cycling career in Monday's interview with Oprah Winfrey. The episode will air Thursday. THE ASSOCIATED PRESS FILE

Lance Armstrong confessed to Oprah Winfrey during an interview Monday that he used performance-enhancing drugs to win the Tour de France, a person familiar with the situation told The Associated Press.

The person spoke on condition of anonymity because the interview is to be broadcast Thursday on Winfrey's network.

Armstrong was stripped of all seven Tour titles last year following a U.S. Anti-Doping Agency report that portrayed him as a ruthless competitor, willing to go to any lengths to win the prestigious race.

Livestrong meeting

Armstrong stopped at the Livestrong Foundation, which he founded, on his way to the interview and said, "I'm sorry" to staff members.

- A person with knowledge of that session said Armstrong choked up and several employees cried during the visit.

After a federal investigation of the cyclist was dropped without charges being brought last year, USADA

stepped in with an investigation of its own. The agency deposed 11 former teammates and accused Armstrong of masterminding a complex and brazen drug program that included steroids, blood boosters and a range of other performance-enhancers.

A group of about 10 close friends and advisers to Armstrong left a downtown Austin, Texas, hotel about three hours after they arrived Monday afternoon for the taping.

Soon afterward, Winfrey tweeted: "Just wrapped with @lancearmstrong More than 2 1/2 hours. He came READY!"

THE ASSOCIATED PRESS

Red Blacks name not hitting home with Ottawa football legend, fans

CFL. Monikers being suggested, but expansion team remains nameless

The latest suggested nickname for Ottawa's CFL expansion franchise isn't doing it for Russ Jackson.

The Ottawa Red Blacks — or RedBlacks as was suggested on Twitter — was being mentioned prominently Monday in social media as a moniker for the CFL club slated to begin play in 2014. Neither was receiving much support from Ottawa football fans and Jackson, who led the Ottawa Rough Riders to three Grey Cup titles over his illustrious 12-year career with the franchise, wasn't big on it either.

"The Red Blacks, to me, seems to get you to a soccer situation," Jackson said. "I don't know of a professional North American football club that's named with just colours, but that seems to be the one that's



Ottawa Rough Riders alumni Russ Jackson hoists the Grey Cup above his head to kick off the fan march before the Grey Cup in Toronto on Nov. 25. Jackson is hoping Ottawa's expansion team maintains some traditions of the Rough Riders. MICHELLE SIU/THE CANADIAN PRESS FILE

bouncing around."

Liverpool, one of the English Premier League's top franchises, is called the Reds because of their red home kits. New Zea-

land's Test rugby squad became known as the All Blacks in 1905 when switching from white to black shorts to go with its black top during a tour of the British

Isles, France and Canada.

The NFL's Cleveland Browns have brown in their colour scheme, but the team is named after former head coach Paul

Brown.

Unfortunately, the Ottawa club won't be called Rough Riders. A condition of the city's return to the CFL was the new

franchise not use the original team name.

But Jackson, whose No. 12 was retired by his former club, would like to see the franchise maintain some traditions of the Rough Riders, which operated from 1876 to 1996 and won nine Grey Cups.

"I'm hoping they'll keep the colours — the red, white and black — which it sounds like they're going to," the Hamilton native said. "I also thought it would be nice if they could maintain ... the big R that was always a symbol of the Rough Riders on the helmets."

It's unclear when the Ottawa franchise will unveil a team name. Time is certainly on its side, but the 76-year-old Jackson said a nickname is important because it can establish a team's identity, on and off the field.

"I think people relate to it," Jackson said. "I never did like the Renegades (which operated in Ottawa from 2002-06), it never did strike me as something that really hit home for me." **THE CANADIAN PRESS**

Just do it

McIlroy signs with Nike

Rory McIlroy and Tiger Woods are on the same team now — at least when it comes to sponsorship.

McIlroy officially made the switch to the swoosh on Monday as Nike confirmed one of the worst-kept secrets in golf, announcing it had signed a multi-year deal with the top-ranked Northern Irishman.

The deal means Nike now has golf's two biggest names representing its brand, as Woods has been with the sportswear company since turning pro in 1996. Nike did not disclose any financial details of the deal, but industry observers have estimated that McIlroy will be paid up to \$20 million a year to use the company's equipment and apparel.

THE ASSOCIATED PRESS



Rory McIlroy celebrates winning the PGA Championship on Aug. 12, 2012. THE ASSOCIATED PRESS FILE

Tennis. Immune-system illness spawns Williams sister's 'Venus A.D.'

Venus Williams has made the dietary leap from steak lover to vegan, but admits that in times of weakness she is a "cheagan."

That's Venus talk for a cheating vegan.

"If it's on your plate, I might get to cheat. If you're sitting next to me, good luck. You turn your head once and your food might be gone," the seven-time Grand Slam winner said, in good spirits after starting her Australian Open campaign Monday with a quick 6-1, 6-0 win over Galina Voskoboeva. "I think it's pretty well known I'm a cheagan. I'm not perfect, but I try."

On her website the 32-year-old American refers to this phase of her life as "Venus A.D." — Venus After Diagnosis.

Food is not the only difference between then and now, but it is one of the big lifestyle changes Williams has made since being diagnosed in 2011 with Sjogren's syndrome, an immune-system illness that had caused her years of mysterious symptoms like shortness of breath, fatigue and muscle pain.

Williams went public with her illness after withdrawing from her second-round match at the 2011 U.S. Open and then took seven months off tennis.

THE ASSOCIATED PRESS



Venus Williams makes a backhand return to Kazakhstan's Galina Voskoboeva on Monday. ROB GRIFFITH/THE ASSOCIATED PRESS

Poised for strong run

Novak Djokovic defeated Paul-Henri Mathieu 6-2, 6-4, 7-5 in the men's draw.

- It was his first match at Melbourne Park since his epic five-set win over Rafael Nadal in last year's final.
- Djokovic doesn't have another Grand Slam winner in his half of the draw after his Serbian Davis Cup teammate Janko Tipsarevic ousted Australian veteran Lleyton Hewitt, a former U.S. Open and Wimbledon winner.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	24	11	.686	—
New York	24	13	.649	1
Indiana	23	15	.605	2 1/2
Brooklyn	22	15	.595	3
Atlanta	21	15	.583	3 1/2
Chicago	20	15	.571	4
Milwaukee	19	17	.528	5 1/2
Boston	19	17	.528	5 1/2
Philadelphia	16	22	.421	9 1/2
Toronto	14	23	.378	11
Detroit	14	24	.368	11 1/2
Orlando	13	24	.351	12
Charlotte	9	27	.250	15 1/2
Cleveland	9	30	.231	17
Washington	7	28	.200	17

WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	29	8	.784	—
L.A. Clippers	28	9	.757	1
San Antonio	29	11	.725	1 1/2
Memphis	24	11	.686	4
Golden State	23	13	.639	5 1/2
Denver	23	16	.590	7
Houston	21	17	.553	8 1/2
Portland	20	17	.541	9
Utah	20	19	.513	10
Minnesota	16	18	.471	11 1/2
L.A. Lakers	16	21	.432	13
Dallas	15	23	.395	14 1/2
Sacramento	13	24	.351	16
Phoenix	13	26	.333	17
New Orleans	11	26	.297	18

Monday's results

Washington 120 Orlando 91
Charlotte at Boston
Atlanta at Chicago
L.A. Clippers at Memphis
Minnesota at Dallas
Miami at Utah
Oklahoma City at Phoenix
Cleveland at Sacramento

Sunday's results

New York 100 New Orleans 87
Milwaukee 107 Toronto 96
Brooklyn 97 Indiana 86
San Antonio 106 Minnesota 88
Denver 116 Golden State 105
Oklahoma City 87 Portland 83
L.A. Lakers 113 Cleveland 93
Tuesday's games — All Times Eastern
New Orleans at Philadelphia, 7 p.m.
Indiana at Charlotte, 7 p.m.
Toronto at Brooklyn, 7:30 p.m.
L.A. Clippers at Houston, 8 p.m.
Portland at Denver, 9 p.m.
Milwaukee at L.A. Lakers, 10:30 p.m.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Portland	37	23	12	1	1	116	106	48	
Worcester	37	19	15	1	2	97	110	41	
Providence	35	19	14	0	2	88	97	40	
Manchester	37	17	16	2	2	102	98	38	
St. John's	38	16	20	1	1	92	113	34	

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt	
Springfield	35	20	9	3	3	116	85	46	
Bridgeport	38	18	16	2	2	121	125	40	
Albany	34	14	13	1	6	90	93	35	
Connecticut	37	15	18	3	1	98	118	34	
Adirondack	35	15	18	1	1	83	100	32	

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt	
Syracuse	37	24	8	2	3	131	100	53	
Binghamton	35	23	8	1	3	113	86	50	
Hershey	38	19	17	1	1	100	92	40	
W-B/Scranton	37	17	17	2	1	87	94	37	
Norfolk	35	14	18	2	1	87	107	31	

WESTERN CONFERENCE

NORTH DIVISION									
	GP	W	L	OTL	SOL	GF	GA	Pt	
Toronto	36	22	11	1	2	124	91	47	
Lake Erie	39	20	16	2	1	121	121	43	
Rochester	36	19	14	2	1	123	112	41	
Abbotsford	36	17	12	3	4	81	78	41	
Hamilton	36	13	19	1	3	78	115	30	

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt	
Grand Rapids	36	21	11	2	3	122	98	46	
Milwaukee	37	17	14	3	3	97	107	40	
Rockford	38	19	17	1	1	116	114	40	
Chicago	34	17	12	3	2	90	93	39	
Peoria	38	17	17	2	2	92	118	38	

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt	
Charlotte	39	23	11	2	3	122	98	51	
Texas	38	22	11	3	2	102	94	49	
Houston	38	18	13	4	3	108	106	43	
Oklahoma City	38	18	15	2	3	118	122	41	
San Antonio	40	16	20	0	4	100	114	36	

Note: Two points awarded for a win, one for an overtime or shootout loss.

Sunday's results

Toronto 2 St. John's 4
Portland 3 Worcester 1
Manchester 1 Providence 2
Bridgeport 5 Albany 4
Connecticut 0 Hershey 5
Texas 3 Oklahoma City 0
Peoria 3 Milwaukee 2 (SO)
Charlotte 2 Houston 1 (OT)

GOLF

PGA

SONY OPEN

At Honolulu, Hawaii

Final Round

Par 70

Russell Henley, \$1,008,000	63-63-67-63=256
Tim Clark, \$604,800	64-66-66-63=259
Charles Howell III, \$324,800	66-64-67-66=263
Scott Langley, \$324,800	62-66-65-70=263
Matt Kuchar, \$204,400	66-63-70-65=264
Brian Stuard, \$204,400	66-68-65-65=264
Chris Kirk, \$204,400	68-62-68-66=264
Jeff Overton, \$173,600	65-68-67-65=265
Harris English, \$145,600	69-69-62-66=266
Marc Leishman, \$145,600	67-68-64-67=266
Dicky Pride, \$145,600	68-67-64-67=266
Pat Perez, \$145,600	68-63-67-68=266
Shane Bertsch, \$112,000	69-67-65-66=267
Danny Lee, \$112,000	66-66-66-69=267
Josh Teater, \$89,600	70-68-65-65=268
Justin Hicks, \$89,600	69-68-66-67=268
Scott Piercy, \$89,600	64-64-72-68=268
Scott Gardiner, \$89,600	68-64-65-71=268
Matt Jones, \$89,600	66-68-64-70=268
Webb Simpson, \$60,667	66-69-68-66=269
John Rollins, \$60,667	68-66-70-65=269
Vijay Singh, \$60,667	67-67-68-67=269
Stephen Ames, \$60,667	65-67-70-67=269
Ricky Barnes, \$60,667	70-65-66-68=269
Y.E. Yang, \$60,667	70-68-68-63=269
Kevin Streelman, \$41,440	71-67-66-66=270
Charlie Wi, \$41,440	67-69-69-65=270

Also:

David Hearn, \$33,208 67-70-66-68=271

Brad Fritsch, \$26,376 67-70-67-68=272

NFL

DIVISIONAL PLAYOFFS

SUNDAY'S RESULTS

Atlanta 30 Seattle 28

New England 41 Houston 28

SATURDAY'S RESULTS

Baltimore 38 Denver 35 (2OT)

San Francisco 45 Green Bay 31

CONFERENCE CHAMPIONSHIPS

SUNDAY'S GAMES — All Times Eastern

NFC — San Francisco at Atlanta, 3 p.m.

AFC — Baltimore at New England, 6:30 p.m.

SUPER BOWL

SUNDAY, FEB. 3

At New Orleans

AFC vs. NFC champions, 6 p.m.



Horoscopes

Aries

March 21 - April 20

Only you know how much effort you have put into a task of some kind, so don't let anyone tell you that you should have done more. In a matter of days, your confidence will receive a much-needed boost. You're doing OK.

Taurus

April 21 - May 21

If you are serious about a long-term goal then you need to get working on it right now. Even relationships must take a back seat while you make your mark. A job done well will bring you satisfaction.

Gemini

May 22 - June 21

Your confidence will bloom today and everyone will be impressed by your dynamic manner. In fact, the higher you aim over the next few days, the more likely it is you will succeed. Don't hold back.

Cancer

June 22 - July 23

Cosmic activity in your opposite sign of Capricorn indicates that major changes are possible, but you must be the one who makes the first move. Yes, mistakes have been made but things are not as bad as they seem.

Leo

July 24 - Aug. 23

If you feel the need to open up about your feelings, now is the time because you are guaranteed a positive response. In fact, you will be surprised how easy it is to confide in people and how readily they confide in you.

Virgo

Aug. 24 - Sept. 23

Today's beneficial aspects will reveal new possibilities and make you realize that you have been worrying for no good reason. Chances are you will soon be made the proverbial offer you simply cannot refuse.

Libra

Sept. 24 - Oct. 23

The higher you aim, the more you will accomplish and the more you accomplish, the more you will feel good about yourself. Success and popularity are yours for the taking. It doesn't get much better than this.

Scorpio

Oct. 24 - Nov. 22

Don't sit at home thinking about what might have been. Get out there into the world and do something dynamic. The next few days are going to be crucial to your emotional and mental wellbeing, so be positive.

Sagittarius

Nov. 23 - Dec. 21

Cosmic activity in the money area of your chart urges you to try something new, especially if you are not getting as much as you would like from your career. You need to be more adventurous. Is that so hard?

Capricorn

Dec. 22 - Jan. 20

You can now start moving forward again after a period when you seemed to chop and change and get nowhere. Be brave, be bold and be ready to travel in a new direction over the next few days.

Aquarius

Jan. 21 - Feb. 19

Believe it or not it is impossible for you to fail. So, the more risks you take now, the more you will achieve. Aim to be the best at what it is you do best. Anything is possible if you want it enough.

Pisces

Feb. 20 - March 20

You may be of the opinion that if you talk tough, you will get what you want. But why risk alienating people when you can just as easily charm them? Say nice things and you will get nice things in return.

SALLY BROMPTON

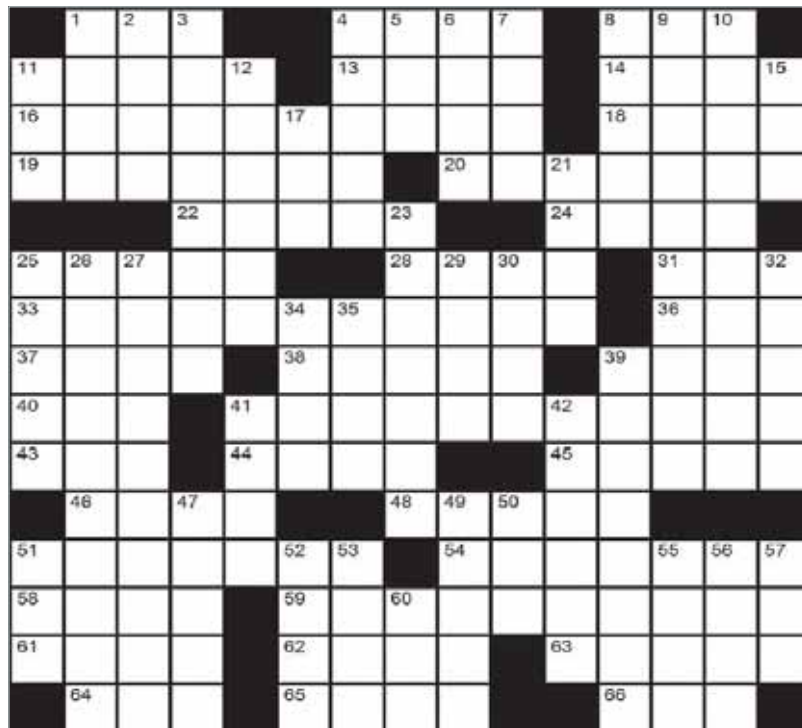
Crossword: Canada Across & Down

Across

1. Great ___ Sea
4. ___ Breton Island
8. Sleeve
11. Charles Dickens character Edwin
13. Russian river
14. Arctic explorer John, and others
16. Nanaimo-born jazz pianist/singer: 2 wds.
18. Ship's mooring post
19. Ivy's 'grasper'
20. Brickwork
22. Fay of 1933's "King Kong", and others
24. Bread spread
25. Try
28. Director Mr. Preminger
31. Car advertisement fig.
33. Vancouver's urban oasis: 2 wds.
36. Certain ISP
37. Alan of "M*A*S*H"
38. Actress Christine
39. Farm tower
40. Family member
41. Twitter and Facebook: 2 wds.
43. Cobbler's tool
44. Boost
45. Nautical "Stop!"
46. French Polynesia island
48. Panorama
51. "The Flintstones" setting
54. Paris Hilton, for one
58. Organic compound
59. Ancient Roman greeting: 2 wds.
61. Wile E. Coyote's supplier
62. River of Florence
63. Elegance
64. Poetic nightfall
65. Church section
66. Comedy venue, ___ Yuk's

Down

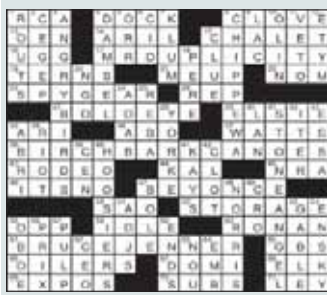
1. Soft cheese
2. Welsh actor Mr. Gruffudd
3. 'Ultimate Dinosaurs: Giants from ___' at the Royal Ontario Museum
4. Like permed hair
5. Southern constellation near Telescopium
6. "Gilligan's Island" tree
7. "___ Enchanted" (2004)
8. Tree: Spanish
9. Chantal Kreviazuk's hubby: 2 wds.
10. Superman's city
11. Banned pesticide
12. Hockey great Mr. Sittler
15. Farm pen
17. Car company
21. CBC Radio One host, ___-Yin Lee
23. Meryl Streep movie, "___



- Choice" (1982)
25. Carne ___ (Mexican dish)
26. The ___, ___ Seaway
27. Calgary Flames rink
29. Brit's bye-bye
30. Set of three books, for short
32. Crow
34. H.G. Wells people
35. Chatter, variably
39. In a harsh way
41. "Begone!"
42. "Flashdance" (1983) song
47. "Over the Rainbow" co-composer Harold

49. Ms. Seigny
50. Common Market letters
51. Princess Eugenie's sis
52. Canadian figure skater Patrick
53. Ex-Idol judge Ms. DioGuardi
55. Biblical twin
56. Regina's prov.
57. Jr.s' fathers
60. Bill, for short

Yesterday's Crossword

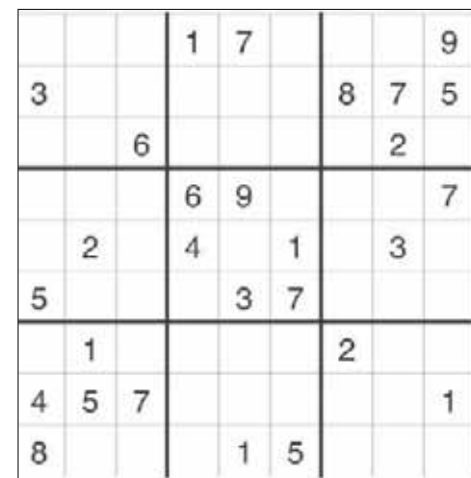
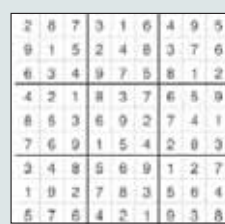


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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Check the 14 day trend.

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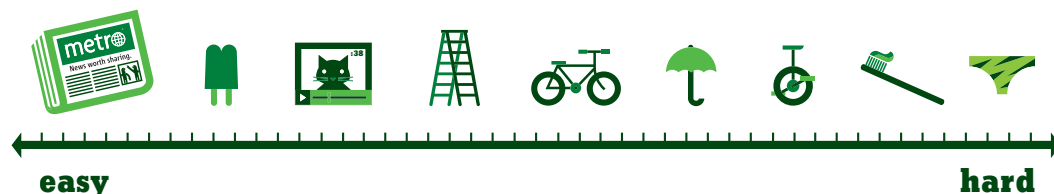
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